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Your essential daily news | THURSDAY, JULY 2, 2015

High 29°C/Low 17°C Rain



Canadians, eh?

Mike Witty of Winnipeg swapped a flagpole for a hockey stick while partying in Osborne Village on Wednesday during Canada Day festivities. Winnipeegers packed the parks thanks to warm weather. More photos at metronews.ca. SHANNON VANRAES/FOR METRO

Consequences for distracted driving to rise

SAFETY

**Texting, talking
on phone may
now cost five
demerit points**

It wasn't a happy Canada Day for anyone in Manitoba caught talking on a cellphone or texting while driving.

Drivers found to be talking or texting on hand-held mobile phones will be dinged five demerit points — up from the previous two — starting July 1.

"This change sends a clear message to all Manitobans that our government is committed to ensuring the safety of everyone on the road," said Attorney General Gord Mackintosh, minister responsible for Manitoba Public Insurance, in a release. "We know that distracted driving is a serious problem in our province."

The change from two to five

demerit points can tack on anywhere between \$300 to \$3,000 to the cost of a driver's licence renewal depending on how poor the driver's record already is.

On average 28 people are killed due to distracted driving every year in Manitoba, and nearly 2,500 distracted drivers are involved in collisions annually, according to the province.

"There is no denying that talking on a hand-held cellphone and texting are both major distractions while driving," said Minister Mackintosh. METRO



**Even the quickest
phone call or
shortest text
message when
behind the wheel can
result in tragedy.**

Attorney General
Gord Mackintosh

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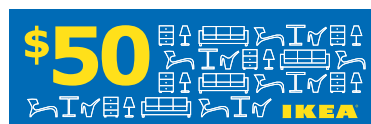
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REACTION

'Tweeting class' takes councillor to task

A Winnipeg city councillor who wants to put the brakes on the city's 20-year cycling and pedestrian strategy received a tongue-in-cheek tongue-lashing on Twitter after reportedly telling media the push to get the strategy approved is coming from "the dictatorship of the tweeting class."

Transcona Coun. Russ Wyatt reportedly made the comments to CBC Manitoba.

"You have this bike lobby which ... relatively speaking, demographically is younger, and at the same time you have this technological burst of this thing called Twitter," he's quoted as telling the CBC about the \$330-million, 20-year strategy. "And I think what you have is a mayor that is very literate in these things ... yet seven per cent of the people are on Twitter and 93 per cent are not."

Not surprisingly, Winnipeg Twitter users took to the social

media site Tuesday to make light of the comments using the hashtag #TweetingClass.

"Twitter isn't as democratic as old dudes using expense accounts with their friends at Rae + Jerry's, but it might be worth a try," said @mistershrewd.

"The first rule of #tweetingclass is that you don't talk about #tweetingclass, etc." joked @loewenchris. METRO



Twitter isn't as democratic as old dudes using expense accounts with their friends at Rae + Jerry's, but it might be worth a try.

Twitter user @mistershrewd

COMPENSATION

Ex-Winnipeg CAO Sheegl raked in \$250K

Former Winnipeg CAO Phil Sheegl was the city's highest-paid employee in 2014, despite quitting his position in 2013.

Sheegl, who resigned as CAO in October 2013 after being identified as one of the key figures in the city's fire-hall land-swap audit, made \$250,000 in severance compensation in 2014, according to the city's 2014 Compensation Disclosure,

released Tuesday.

Former acting CAO Deepak Joshi, who left his position in January, made \$245,899 in 2014, and former mayor Sam Katz, who did not seek re-election in the October election, made \$154,508 in 2014.

The complete Compensation Disclosure can be found on the city's website.

DAVE BAXTER/METRO



Coun. Russ Wyatt is one of three councillors proposing several changes to the existing 20-year active transportation plan.

DAVE BAXTER/METRO

Big changes pitched for transportation plan

CITY HALL

Councillors want to slash budget down to \$55 million

Dave Baxter
Metro | Winnipeg

Three councillors are pushing for major changes to the city's proposed \$330-million active transportation plan, including chopping the plan's budget by more than \$250 million.

"We're saying if we have hundreds of millions of dollars, it should go into fixing our existing infrastructure," said Coun. Russ Wyatt. "That's the key issue. People are saying fix my curb, fix my lane, fix my sidewalk."

Wyatt, along with Couns. Jeff Browaty and Jason Schreyer, held a special meeting Tuesday and made recommendations including cutting the entire budget of the 20-year plan from \$330 million to \$55 million.

The trio also want to drastically decrease the number of protected bike lanes in the plan and remove any recom-

mendation that the city stop clearing snow off sidewalks.

Wyatt is also calling for more consultation with the public on the details of the plan.

"You just don't come in to neighbourhoods and impose it on people. There should be a process around it."

Coun. Janice Lukes spoke to the three councillors Tuesday and said the plan is simply a framework and each recommendation would be dealt with individually over the course of 20 years.

"We can't possibly set out to have an accurate, perfect

plan over the next 20 years," said Lukes.

"We need a conversation point to start from."

Browaty said he doesn't think the majority of Winnipeggers are on board with the existing plan and expressed frustration with Lukes.

"I know we have millions of dollars in infrastructure problems. I know we have taxpayers that are tapped out, and this is not a priority," said Browaty. "I feel like I'm talking to a wall. This is frustrating as heck for me."

The recommendations will now go to council in July.

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IN BRIEF

Two charged over River Heights vehicle break-ins

Two men are in police custody after an eagle-eyed neighbour noticed two suspects rooting through parked vehicles in the River Heights area early Monday.

Police were called after two men were seen rummaging through a car near Cambridge Street and Corydon Avenue and officers caught up with the suspects in the area a short time later. Police say the two men entered vehicles on Grosvenor Avenue, Dorchester Avenue, and Arlington Street between 12 a.m. and 5:30 a.m.

Joseph Teddy McKay, 21, is facing a long list of charges including possession of property obtained by crime, possession of a scheduled substance, possession of a weapon, and three counts of theft under \$5,000.

Emeleo Alexander Cole, 21, is charged with three counts of theft under \$5,000, possession of property obtained by crime, and two counts of failing to comply with a probation order. METRO

Man charged in stabbing

Police have made an arrest in a stabbing on Ellice Avenue this week that sent a woman to hospital in critical condition. Patrolling officers heard the victim calling for help around 12:30 a.m. Monday. She is now listed in stable condition.

Police say the victim and the suspect had been drinking with a group of friends behind a home in the 500 block of Ellice Avenue when an argument broke out and the woman was stabbed. Police arrested the suspect.

Gordon Jackson, 56, is charged with aggravated assault and failing to comply with a recognizance. METRO

Four people charged after man beaten with bat

Three men and a woman are facing charges after a man was beaten unconscious with a baseball bat during a home invasion in a West End home Monday night.

Police say several people forced their way into a home in the 700 block of Simcoe Street and began beating a 31-year-old man inside. The man was taken to hospital with serious injuries and the suspects fled in a vehicle. Kimberly Joyce Reimer, 37, Gordon Paul Wenzel, 28, Francis Harvey, 28, and Donald Caron, 39, are all facing a number of charges. METRO



Kavin Redsky, Shoal Lake 40 First Nation water plant operator, prepares to treat water from the lake with chlorine in one of the community's 10 water treatment plants. JOHN WOODS/THE CANADIAN PRESS

Campaign started to pay for reserve road

SHOAL LAKE

More than \$13,000 was raised in less than a day

A crowdfunding campaign is underway to pay Ottawa's portion of an all-weather road for a reserve under one of the longest boil-water advisories in Canada.

The fundraising campaign, on Fundrazr.com, began Monday and quickly took off on social media, garnering support from author Margaret Atwood and others. In less than 24 hours it had raised more than \$13,000.

Organizer Rick Harp hopes to

raise \$10 million in 60 days to pay the federal government's share of a permanent road for Shoal Lake 40 First Nation.

"People want to have an immediate way to make their voice heard," said Harp, who lives in Winnipeg. "They want this to happen."

The reserve, which straddles the Ontario-Manitoba boundary, was cut off from the mainland a century ago to build an aqueduct which supplies Winnipeg with

fresh water. The community has lived under a boil-water advisory for 17 years due to a dam which funnels tainted water away from the aqueduct and towards the reserve. Without a permanent road, residents rely on an aging barge in the summer and a treacherous ice road in the winter. Every year, people fall through the ice trying to make it to their front door.

Both Manitoba and Winnipeg have said they will pay for one-third each of the road's construc-

tion if Ottawa kicks in its share of the estimated \$30 million.

Harp said the fundraiser is a way for people — especially those who have enjoyed the reserve's water for a century — to show their support for the First Nation and let the federal government know how they feel.

People who have lost faith in the federal government have felt heartened reading the comments on the Fundrazr page, said Chief Erwin Redsky, of Shoal Lake 40.

"We're very pleased there are people out there, in Winnipeg and across Canada, that are concerned," he said. "We're overwhelmed by the response and we hope that our goal, our dream is realized soon."

THE CANADIAN PRESS

We're very pleased there are people out there, in Winnipeg and across Canada, that are concerned.

Rick Harp, campaign organizer

POLITICS

Premier Selinger's popularity still low

The spring sitting of the Manitoba legislature has ended as questions remain over the NDP government's fate in next year's election.

Premier Greg Selinger was already dealing with low opinion poll numbers and spent much of question period fielding queries from the opposition about NDP infighting. Selinger barely survived a revolt by five former cabinet ministers in March, and faced questions over \$670,000 in

severance payments to some of his top advisers who left amid the turmoil.

The government passed more than 20 new laws, including one that bans tanning bed use by children and another that provides new supports for workers with post-traumatic stress disorder. One of the main points of contention was the NDP budget, which pushed back plans for balanced books and added to the provincial debt. METRO

CRIME

RCMP take down 'high-level' grow-op

Mounties seized nearly 400 pot plants during a raid in the RM of Springfield last week.

Oak Bank RCMP along with the RCMP Federal, Serious and Organized Crime Unit raided a home just east of the Town of Dugald June 23.

Once inside they found a "sophisticated" grow operation with concealed venting systems, extensive wiring, and 397 pot plants in

various stages of growth, according to a release Tuesday.

Phuong Cam Lam of Winnipeg was arrested Monday and charged with production of a controlled substance, possession for the purpose of trafficking, and theft of electricity.

He was released on a promise to appear in Winnipeg Court Aug. 20.

METRO

ASSINIBOIA DOWNS

Jockey seriously injured in race

A Manitoba jockey faces a long road to recovery and may be left with permanent injuries after falling from her horse during the sixth race at Assiniboia Downs on Saturday.

Jockey Alyssa Selman could not hold on after the horse she was riding clipped its heels and stumbled.

Her husband, Rumesh Selman, was the first to arrive at her side on the track before she was taken off on a stretcher.

"Her neck was one way and her torso was the other way, it wasn't a pretty scene," Rumesh said outside Health Sciences Centre, where his wife is recovering from surgery.



I've been at Assiniboia Downs for 35 years and I've never seen an accident like this before, but it's not out of the realm in our sport.

Darren Dunn, CEO

Doctors told the family she has a fractured T-5 vertebrae and her spinal cord has suffered some damage.

At this time, Selman has no feeling in her legs and also has fractures to her face.

"It's kind of hard seeing her lying there like that, you know? Not being able to move, a person you're so used to seeing bouncing and frolicking," said Rumesh.

Selman, a mother of two young children, is known at the track as hardworking and passionate.

"I've been at Assiniboia Downs for 35 years and I've never seen an accident like this before, but it's not out of the realm in our sport," said CEO Darren Dunn.

Selman's husband is still holding out hope for a full recovery for his wife who lived to be around horses.

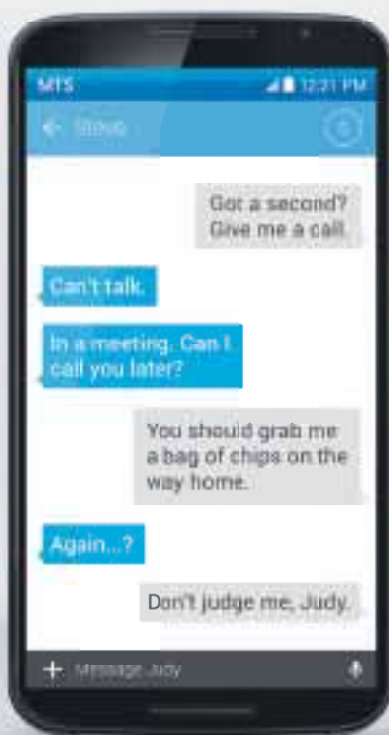
"I guarantee you if she recovers and she's able to walk she'll be back on a horse in no time," he said.

He said her spinal cord is still intact and with time her body may heal, meaning Alyssa could eventually walk or even get back in the saddle.

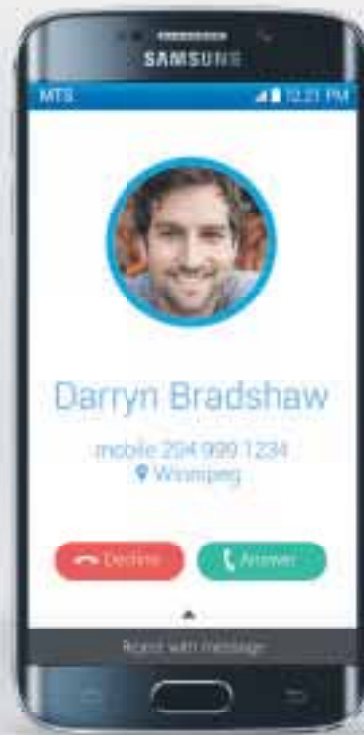
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Brokers: Former grow-ops harder to insure, mortgage

REAL ESTATE

Even a single plant can stigmatize a home: Experts

At first glance, the mid-century, three-level Winnipeg home was everything that Sarah Fehr and her fiancé had been looking for.

It was located in the right neighbourhood, had a double garage and the backyard was spacious enough for the couple's two pugs to frolic in.

Perhaps most importantly, it was reasonably priced.

However, a quick Google search revealed the home's shadowy past: it had been busted several years earlier for housing a marijuana grow operation.

While former grow-ops may seem like a good deal to some buyers, experts caution that banks and insurers are increasingly shying away from these properties — even after all of the necessary remediation has been done.

"It's always been strict, but it was a lot looser four or five years ago," says Jeff Mark, co-founder of broker Spin Mortgage, adding that only credit unions and subprime lenders are willing to finance these

homes, often at higher rates than those offered by the banks.

Running a grow-op in a residential home can cause extensive damage that may be pricey to remedy.

High levels of moisture can cause mould to grow in the walls. Pesticides and other chemicals can seep into carpets and walls and contaminate the air. Even the home's structural integrity and electrical wiring may be compromised.

Before a lender will agree to mortgage a former grow op, a battery of costly tests must be performed to ensure it is inhabitable.

Fortunately in Fehr's case, the seller had already performed most of those tests, and the local credit union was willing to provide a mortgage. But finding insurance proved to be a headache, says Fehr.

"There were insurers who flat out said, 'No, we will not touch a grow-op,'" says Fehr.

Eventually, after jumping through all of the regulatory hoops, the couple managed to close the deal and take possession of the home late last year.

But brokers say the process can be so arduous that many buyers throw in the towel, adding that in an increasing number of cases, even a single marijuana plant is enough to stigmatize a home.

"The problem is that everything gets painted with the same brush," says Scott Dawson, a British Columbia-based mortgage broker with Verico Paragon Elite Lending. "Whether there's one plant or a number of plants, it's all kind of lumped in together as a grow-op."

Mark of Spin Mortgage re-



Sarah Fehr and her husband bought their Winnipeg home knowing of its history as a grow-op, but she says finding insurance proved to be a headache. JOHN WOODS/THE CANADIAN PRESS

calls one loan application that went up in smoke because the disclosure statement said a single marijuana plant had been found in the closet. The house had not undergone any grow-op related modifications, he says.

"At the end of the day it comes down to the bank's discretion," says Mark. "It can be unfair in certain circumstances."

Brokers say the banks are

concerned that stigma surrounding the home's criminal past will reduce its resale value, making it difficult for the bank to recoup its investment if the borrower defaults on the loan.

"If it's more difficult for them to liquidate, they just don't want that on their books," says Dawson.

Such strict policies can have some inadvertent side effects,

says Mark. For example, even though most provinces require sellers to disclose if a property was formerly a grow-op, some may not disclose that, he says.

"I'm sure there are many deals that go undetected because of people withholding that information," says Mark. "There are probably people out there living in a former grow-op that don't even know it."

THE CANADIAN PRESS

FATAL COLLISION

Drunk driver gets 26 months

A Winnipeg man has been sentenced to 26 months in jail for causing a fatal head-on crash while driving drunk and texting.

Vann Hansel, who is 23, pleaded guilty last year to impaired driving causing death and dangerous driving causing death.

He swerved into oncoming traffic while behind the wheel of his pickup truck and hit 53-year-old Mark Derry's vehicle head-on in 2011.

Derry died a day later in hospital.

Hansell was trying to avoid a lineup of cars stopped due to construction work.

Hansell is also banned from driving for 18 months.

THE CANADIAN PRESS

FOOD

Slurpee crown is ours again

It's official: Manitoba has once again been crowned the Slurpee Capital of the World.

This marks the 16th straight year our province has picked up the sugary honour, and 7-Eleven has an all day celebration planned next Saturday — the convenience store chain's 46th birthday — to mark the occasion.

As in past years, Winnipeg 7-Eleven stores will be handing out free Slurpees from 11 a.m. to 7 p.m. but new this year will be an attempt to create the world's largest Slurpee.

Winnipeggers are invited to watch while a 711 litre Slurpee cup is filled at the 7-Eleven location at 119 Salter Street starting at 11 a.m.

"We wanted to do something bigger and better than ever before and you can't get much bigger than creating the world's largest Slurpee," says Raj Kapoor, vice president and general manager, 7-Eleven Canada. "Equally, we're giving away nearly ¾ million Slurpee drinks across Canada celebrating 7-Eleven's birthday — it's going to be some party."

The event will also see birthday cake doled out, music, games and giveaways.

METRO

“There were insurers who flat out said, ‘No, we will not touch a grow-op’”
Sarah Fehr

COURT

Lawyer: Rights of man suspected of planning terrorism violated

The lawyer for a Winnipeg man who faces no criminal charges but is suspected of planning terrorist activities has launched a challenge under the Charter of Rights and Freedoms.

Leonard Tailleir is asking the court to determine whether federal authorities are being excessive in seeking a peace bond requiring his client, Aaron Driver, to wear an electronic-monitoring bracelet and submit to other restrictions.

Driver is not facing any criminal charges, but authorities want to limit his activities on the suspicion that he may help a terror-

ist group or activity. Tailleir says trying to force Driver to wear an electronic-monitoring bracelet, not travel outside Manitoba and abide by other conditions goes against his rights to move freely within Canada.

Driver, who is 23, was arrested earlier this month, released on bail, but was arrested again last Friday, when a woman who was housing him withdrew her financial support.

The Crown and defence are working out a new plan to release Driver until a hearing on the peace bond application can be heard, possibly next month.

Tailleir says he can accept some limitations on Driver while he is out on bail, but long-term conditions under a peace bond should not be restrictive.

Published reports have said Driver posted messages on social media that praised terrorist activities, including the attack last October on Parliament Hill by Michael Zehaf-Bibeau.

Tailleir said outside court that Driver is not a threat to the public and has no criminal record.

"He's never done anything except state things. He's used his voice to state things that maybe we don't like." THE CANADIAN PRESS



The RCMP arrested Winnipeg resident Aaron Daniel Driver, 23, on a terrorism-linked peace bond based on suspicions that he planned to commit a terrorism offence. He has not been charged with any criminal offence. FACEBOOK/TORSTAR NEWS SERVICE

Pets ditched on Moving Day

QUEBEC

Advocates want province to get rid of no-pet clause

Quebec shelters are bracing for the annual influx of animals left behind during the province's "moving day," although advocates are hopeful the government will eventually consider ditching a no-pet clause invoked by landlords.

Every year, thousands of Quebecers switch addresses on July 1, the date most apartment leases expire.

Mass moves coupled with the legal right of landlords to insert no-pet clauses in leases leave many pets in shelters or on the street.

"It's really sad to be seeing families torn apart like this," said Anita Kapuscinska, spokeswoman for the Montreal branch of the Society for the Prevention of Cruelty to Animals.

"The majority of people that are affected are those with limited incomes because their choice of residence is limited as well."



A man and woman carry a mattress across a street on what's now known as Moving Day in Montreal on Wednesday. GRAHAM HUGHES/THE CANADIAN PRESS

Quebec introduced a bill earlier this year that, if passed, would see the status of animals upgraded from "movable property" to "sentient beings."

Kapuscinska said advocates will recommend an amendment to that bill during consultations later this year to end the

no-pet clause, which they call discriminatory.

A 22,000-name petition calling for the change was presented to the provincial legislature in June.

"We're going to work tirelessly to amend our Civil Code to include a prohibition of the cat-

egorical use of no-pet clauses," Kapuscinska said.

Hans Brouillette, a spokesman for an association representing Quebec landlords, says members have had bad experiences with pets and want to maintain the status quo.

Brouillette said it's often

other tenants who complain about pets, citing factors like noise, safety and cleanliness.

The clause is often ignored, according to Brouillette, with landlords finding a wide array of unexpected animals as tenants come and go — from cats and dogs to pigs and snakes in more exceptional cases.

The SPCA wants Quebec to take inspiration from Ontario, Belgium and France, which have invalidated clauses prohibiting pets in rental properties while ensuring proper recourse if there's animal-related damage.

But Brouillette suggested the clause helps prevent problems such as lengthy delays for hearings and decisions at the province's rental board.

"There's no way for them to be sure the tenant will respect the rules, correct the situation and pay the landlord if there's any damage," Brouillette said.

Capacity at the busy Montreal shelter nearly triples this time of year — from 600 in a typical month to 1,600 per month between early June and late August as tenants struggle to find pet-friendly apartments.

THE CANADIAN PRESS

IN BRIEF

Eco-crusader Naomi Klein speaks at the Vatican

The Vatican added yet another strange bedfellow to its expanding ecological alliance Wednesday, hosting Canadian anti-capitalist eco-crusader Naomi Klein at a conference on saving the planet.

Klein, author of *This Changes Everything: Capitalism vs. the Climate*, acknowledged that, "as a secular Jewish feminist," she never expected to be invited to the Vatican.

But she told a news conference that Pope Francis' recent encyclical on the environment and the global economic system that is threatening it spoke to her.

"Given the attacks that are coming from the Republican party around this and also the fossil fuel interests in the United States, it was a particularly courageous decision to invite me here," she said. "I think it indicates that the Holy See is not being intimidated, and knows that when you say powerful truths, you make some powerful enemies and that's part of what this is about."

THE ASSOCIATED PRESS

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SASKATCHEWAN

Wildfires' smoke stifling the flames

The number of people forced from their homes by Saskatchewan wildfire smoke continues to climb, but a provincial official says the smoke is now so thick that it's actually helping control the fires.

Steve Roberts with Saskatchewan's environment ministry says the layer of smoke that covers the northern part of the province has blocked out direct sunlight.

Roberts says that's lowered temperatures and boosted humidity, which means the fires are less volatile.

Officials say they don't have an estimate of the total number of evacuees, but say they're currently housing over 4,000 people in hotels and other evacuation centres in North Battleford, Prince Albert, Saskatoon and Regina.

There were 110 active fires in Saskatchewan on Wednesday. Only about 10 were contained.

The smoke hampered the operations of firefighting aircraft on Tuesday. Roberts says air tankers are on standby if smoke clears and visibility is safe.

"As much as it's not good for

people, because the cloud layer is filled with smoke and is so thick, our temperatures are roughly 10 degrees cooler and our humidity is 10 to 15 per cent higher. That combination means the fire activity drops significantly," Roberts explained.

Roberts said conditions in Saskatchewan are so susceptible to fires due to an unusually dry winter followed by an early spring. He said evacuations could continue for days to come.

Close to 600 firefighters, 40 helicopters and 19 planes are involved in fighting the fires. Other provinces have contributed firefighters and equipment, and Roberts said a crew from South Dakota was on its way to Saskatchewan on Wednesday.

THE CANADIAN PRESS



It's helped us secure, especially, those fires that are close to communities.

Steve Roberts

BOMB SCARES

Four empty threats on jets in one week

For the fourth time in less than a week, a Canadian passenger jet has had to make an emergency landing because of a threat made against it.

Saskatoon Police say there was no bomb on the latest jet that was the target of a threat.

An explosives team has completed its search of the jet and determined that there was no explosive device on board.

The plane was travelling from Toronto to Saskatoon on Tuesday evening and landed safely.

The 113 passengers and five crew members were forced to disembark on the tarmac.

Police say the jet is now back in the care of WestJet.

It's the fourth time in a week that a Canadian passenger jet has had to make an emergency landing because of a threat.

Police say the investigation is continuing. There have been no arrests.

In all of the cases, searches of the aircraft unearthed nothing suspicious. THE CANADIAN PRESS



LITTLE HERD ON THE PRAIRIES BISON BOUNCING BACK A herd of Prairie bison graze on the Old Man on His Back Prairie and Heritage Conservation Area south of Swift Current, Sask., on June 18. The bison, once hunted to near extinction, were reintroduced to the area in 2003. BILL GRAVELAND/THE CANADIAN PRESS

Rideau Hall adds 100 to Order of Canada

NATIONAL HONOUR

Many familiar Canadians among year's appointments

The man who helped create the BlackBerry, the female CEOs of two provincial public broadcasters, and a noted First Nations actor are among the Canadians being appointed to the Order of Canada.

Rideau Hall's Canada Day announcement allows those on the list to share the news of the honour, which is usu-

ally kept secret until Gov. Gen. David Johnston makes the information public.

This year's notable names include Douglas Fregin, the man who co-founded Research in Motion with Mike Lazaridis. Fregin designed the first circuit board the company used to run early versions of its wireless technology, and then helped choose the materials that are still found in BlackBerry devices today.

Lazaridis's wife Ophelia is also being invested as a member of the Order of Canada for her philanthropic work around Waterloo, Ont., where BlackBerry is based.

6,000

The number of people from all walks of life who have been invested into the Order of Canada, one of the country's highest civilian honours, over the past 45 years.

THE CANADIAN PRESS

Author Lawrence Hill will be recognized for his telling of the stories of Canada's black community, notably with the critically acclaimed "Book of Negroes," and advocacy work on behalf of women and girls in Africa.

Oscar-nominated and Gemini award-winning actor Graham Greene is a familiar face in film, television and theatre in Canada and overseas. The First Nations actor is being honoured for "achievements as a pioneering and versatile actor," which include a 1991 Academy Award best supporting actor nomination for his role in the film "Dances with Wolves."

Also being honoured are TVOntario CEO Lisa de Wilde, and Télé-Québec counterpart Michele Fortin.

Rideau Hall says there will be 100 new appointments to the Order of Canada.

THE CANADIAN PRESS

ELECTORAL REFORM

New voter ID rules to be fought in court

A left-leaning advocacy organization and a national student group will be in Ontario Superior Court on Thursday and Friday hoping to relax voter identification rules for the looming federal election.

The groups want the court to issue an interim injunction allowing Elections Canada to recognize as valid ID the voter identification cards that are mailed to everyone on the voters' list.

Some 400,000 Canadians used the voter identification cards in the 2011 election as part of a pilot project that Elections Canada wanted to expand nationwide.

Instead, the Harper government — citing fear of voter fraud — passed a new law that increases the ID requirements of would-be electors while ruling out the use of the Elections Canada mail-outs that tell people where to vote.

Critics of the changes, including past and present chief electoral officers from across the country, say the strict ID rules will primarily impact the young, the elderly in care, students who move often, the homeless and natives on reserves — groups that might be less inclined to vote

for the governing Conservatives.

"Public confidence in the electoral process is clearly at the greatest risk when actions are taken to suppress or otherwise interfere with the right to vote," the factum argues, "not when the CEO (chief electoral officer), an officer of Parliament, takes steps to enable or facilitate the exercise of that right."

The Council of Canadians and the student federation also launched a constitutional challenge of the legislation, dubbed the Fair Elections Act, saying it denies the Charter right to vote.

But that constitutional case won't be heard until after this October's anticipated election and, in the meantime, the groups say "irreparable harm" may be done to up to half a million Canadians turned away at the polls under the new rules.

Pierre Poilievre, the Conservative minister responsible for democratic reform, said there are many options available to voters.

"With the Fair Elections Act, Canadians can choose from 39 authorized forms of ID when voting," said Poilievre.

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Reopening of embassies signals new era for Cuba

DIPLOMACY

Embassies in Washington, Havana set to open July 20

U.S. President Barack Obama announced Wednesday that the U.S. and Cuba will reopen their embassies in Havana and Washington, heralding a "new chapter" in relations after a half-century of hostility.

"We don't have to be imprisoned by the past," Obama said from the White House Rose Garden. "Americans and Cubans alike are ready to move forward."

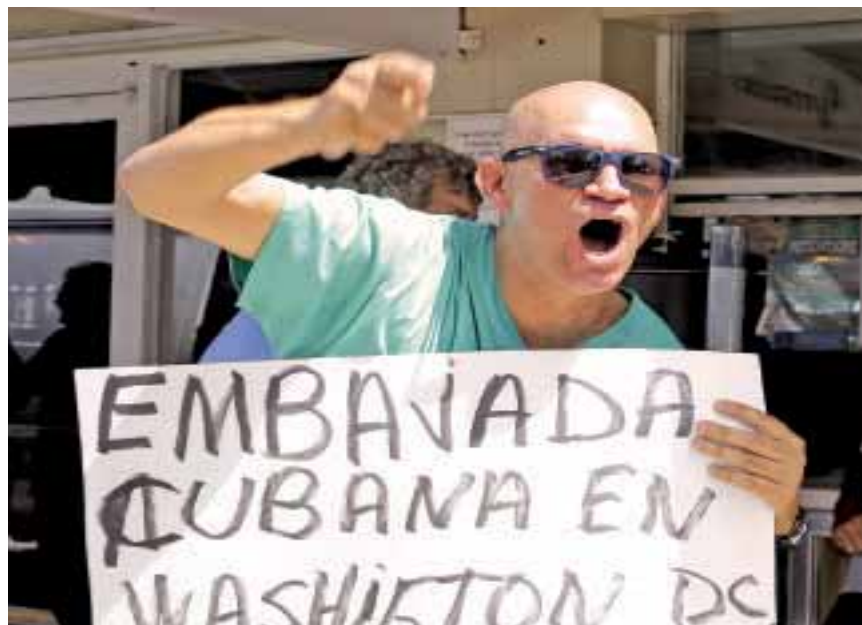
Cuban television broadcast Obama's statement live, underscoring the new spirit. A state television anchor read a letter from Cuban President Raul Castro to Obama in which he wrote that Cuba is "encouraged by the reciprocal intention to develop respectful relations and co-operation between our people and governments."

The embassy agreement marks the biggest tangible step toward normalizing relations since the surprise announcement in December that the U.S. and Cuba were restarting diplomatic ties.

The posts in Washington and Havana are scheduled to open July 20, Cuba's Foreign Ministry said.

Secretary of State John Kerry will travel to Cuba for the opening of the U.S. Embassy. Kerry, who is in Vienna for nuclear talks with Iran, called the embassy agreement "long overdue."

For Obama, ending the U.S. freeze with Cuba is central to



Anti-Castro activist Osvaldo Hernandez shouts anti-Obama slogans Wednesday in the Little Havana area of Miami. The sign in Spanish reads: Cuban Embassy in Washington, D.C. Provocation. ALAN DIAZ/THE ASSOCIATED PRESS

his foreign policy legacy as he nears the end of his presidency. Obama has long touted the value of direct engagement with global foes and has argued that the U.S. economic embargo on the communist island just 145 kilometres (90 miles) south of Florida was ineffective.

Amid the celebratory rhetoric, there were words of caution from both countries.

A statement from the Cuban government said reopening embassies was just the first step in "a long and complex

"We don't have to be imprisoned by the past. Americans and Cubans alike are ready to move forward."

U.S. President Barack Obama

process toward normalization of bilateral ties." It demanded an end to the U.S. embargo, the return of the U.S. naval base at Guantanamo and a halt to U.S. radio and TV broadcasts aimed at the island.

Ileana Ros-Lehtinen, a Re-

publican Congresswoman from Florida, said in a statement that opening a U.S. Embassy in Cuba "will do nothing to help the Cuban people and is just another trivial attempt for President Obama to go legacy shopping."

+ BACKGROUND

The U.S. cut off diplomatic relations with Cuba in 1961 after Fidel Castro's revolution. The U.S. spent decades trying to either actively overthrow the Cuban government or isolate the island, including toughening the economic embargo first imposed by President Dwight D. Eisenhower.

The president on Wednesday reiterated his call for Congress to lift the embargo. However, he faces stiff resistance from Republicans, as well as some Democrats, who say he is prematurely rewarding a government that engages in serious human rights abuses.

The president also will face strong opposition in Congress to spending any taxpayer dollars for building or refurbishing an embassy in Havana.

Congress would have to approve any administration request to spend money on an embassy.

While the opening of embassies marks a major milestone in the thaw between the U.S. and Cuba, significant issues remain as the countries look to normalize relations.

Among them: talks on human rights; demands for compensation for confiscated American properties in Havana and damages to Cuba from the embargo; and possible co-operation on law enforcement, including the touchy topic of U.S. fugitives sheltering in Havana.

THE ASSOCIATED PRESS

PRISONERS

Escapees did a dry run first

One of two convicted murderers who broke out of a maximum-security prison last month told police that they conducted a practice run the night before their escape, even poking their heads out of a manhole before deciding they were too close to nearby homes, a district attorney said.

Clinton County District Attorney Andrew Wylie said David Sweat, 35, told police from his hospital bed that he masterminded the June 6 breakout from Clinton Correctional Facility and began working on it in January.

The escape by Sweat and 49-year-old Richard Matt launched a massive 23-day manhunt in forested northern New York terrain involving more than 1,100 law enforcement officers.

Matt was shot and killed by a border patrol officer June 26. Sweat was wounded Sunday by a state trooper near the Canadian border.

Wylie said Sweat claimed he used only a hacksaw blade — not power tools, as officials had reported — to cut holes in the steel walls of his and Richard Matt's adjoining cells as well as a steam pipe they crawled through.

Sweat said he prowled the tunnels within the prison from 11:30 p.m. to 5 a.m. in the days preceding the escape, according to Wylie. He said Sweat claimed to have done all the work himself, saying the older Matt wasn't in shape to do it.

Authorities said the two reached the tunnels via narrow corridors behind cellblocks providing access to the bowels of the prison and were given access by a corrections officer who has since been charged in connection with the breakout.

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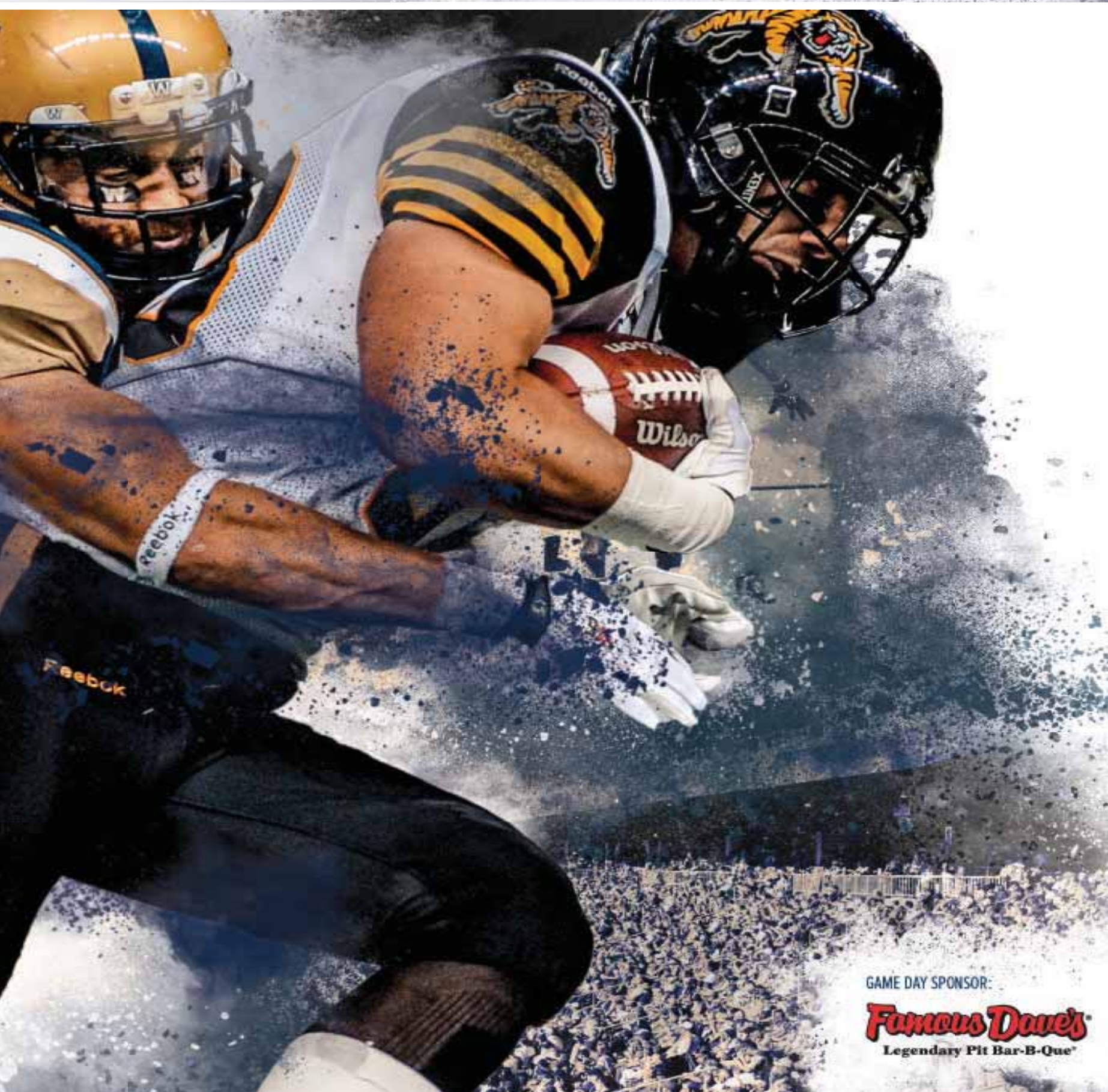


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Federal R&D investments not paying off

ECONOMY

Memo says Canada behind U.S. on business innovation

Spending billions of public dollars over two decades has done little to reverse Canada's long decline in the key economic category of business innovation, the

federal government acknowledged in a newly released document.

The self-assessment, contained in a memorandum to Finance Minister Joe Oliver, underlines how sluggish business innovation remains "of great concern" for Canadian productivity.

"Canada's productivity performance, a key determinant of economic growth, continues to lag significantly behind that of the United States, eroding our relative standard of living," says

the October memo, signed by deputy finance minister Paul Rochon.

"The innovation performance of Canadian firms has continued to fall relative to the previous two decades, despite considerable federal efforts in recent years."

That push included more than \$11 billion spent by the Harper government between 2006 and 2014 on new resources to support research and innovation,

“Canada’s been a ‘D’ performer basically since we started doing this.

Daniel Munro, Conference Board of Canada

the document says.

On top of that, the note said the government also pumped

\$10.9 billion into science, technology and innovation activities and provided another \$3.3 billion in tax relief. In 2014, the memo said \$1.6 billion was dedicated over five years.

The memo to Oliver also warned how tougher competition in the knowledge-based global economy could leave Canada behind.

The note, titled Canadian Business Innovation Landscape, was obtained by The Canadian Press

under the Access to Information Act.

The document said Canadian businesses perform well at the international level when it comes to primary research, but they trail their global counterparts in R&D.

In general, the document said Canadian companies rely more on "imitation than on innovation" and are less likely to collaborate in R&D than firms in other G7 countries. THE CANADIAN PRESS



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NORTH DAKOTA

Calendar highlights eclectic holidays

To most Americans, July 4 is Independence Day. But on Marlo Anderson's calendar, it's also Caesar Salad Day and Barbecued Spareribs Day.

Anderson is the mastermind of the National Day Calendar, an online compendium of pseudo-holidays that has become a resource for TV and radio stations looking to add a little levity to their broadcasts, among others.

The 52-year-old co-owner of a VHS digitizing company in North Dakota started the calendar in 2013 and soon realized the site could also be a way for people to declare their own special days. So last year, he started charging \$1,500 to \$4,000 for "national day" proclamations.



Marlo Anderson.

WILL KINCAID/THE ASSOCIATED PRESS

"People certainly don't need to use us. It's just we really give it a jump-start," he said.

Already, the National Day Calendar says it has given its blessing to more than 30 made-up holidays. A crouton maker paid for National Crouton Day (May 13), a seafood restaurant submitted National Fried Clam Day (July 3) and a craft beer maker came up with National Refreshment Day (fourth Thursday in July).

One-time proclamations for birthdays, anniversaries and other occasions are on sale for \$19.99 or \$39.99. The price for ongoing inclusion in the calendar is higher.

For \$1,500, Anderson provides a framed proclamation. For \$2,500, he helps arrange interviews with the media. And for \$4,000 and travel expenses, he'll show up to present proclamations at events. THE ASSOCIATED PRESS

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ROSEMARY WESTWOOD

metroview

Journalists can learn a trick or two from comedy

You've gotta love Marc Maron.

Or, if you're a journalist, fear him a little bit.

The man interviews U.S. President Barack Obama for an hour, in his garage, for his podcast (called WTF with Marc Maron), and it's maybe the most compelling interview with the president ever recorded.

It's been hailed as a turning point in the legitimacy of podcasting, and made headlines because the president said the N-word, but it's much more than that. It's evidence that comedians make excellent interviewers and political pundits — and they may just be doing journalists' jobs better than we are.

Maron and Obama had a real, honest-to-goodness chat in the style that has made Maron famous. Maron is so extremely transparent and insecure ("How was it? How did I do? What did he think?" he obsesses in a post-mortem podcast) that his subjects have to respond with candour of their own.

Maron brought politics down to the human level, giving us something we've been craving: to see politicians as real people and some evidence they're telling the truth.

"I was so focused, intently focused on having a one-on-one experience with him," Maron reflected.

"All I wanted to do is con-

nect with the guy."

The same could be said for many voters. But how many journalists get past the oily veneer of talking points?

On TV, the best political commentator is John Oliver. Those who've been fretting over the end of John Stewart and Stephen Colbert need not fear — Oliver takes out enough bullsh-t trash for the both of them.

Canadians are still waiting for our Stewart/Colbert/Oliver. (Rick Mercer, known for wonky camera angles meant to liven up his rants, is far too PC.) Sure, we've got comedians trying to take down Harper with their get-out-the-vote effort, Harpoon. But it's so far only speaking to 1,233 Facebook fans.

It's not a zero-sum game. There are talented political reporters and interviewers on both sides of the border. But journalism — the trade most concerned with the truth — can learn a trick or two from comedy, the trade most adept at revealing it.

From Maron, the power of vulnerability. From Stewart/Colbert/Oliver, the tack of insisting that politicians make sense, and if they don't, offering up context to reveal idiocy.

If anything can help the media be less of a megaphone for truthiness, it might be this competition from journo-comics.

THE BIG THING: RED, WHITE AND ... BLUE?

The federal government has kept quiet about the \$7 million it gave to local Canada Day celebrations this year, but based on what we do know, it appears these red-and-white festivities took place disproportionately in ridings of Tory blue. But 'tis the season to study Canadian history — which shows this type of alleged pork-barrel (Canadian bacon-barrel?) politics is nothing new.

SOURCE: THE CANADIAN PRESS



1 Mystery money Canadian Heritage funded 1,658 patriotic events between June 21 and July 1. Most projects were small, but only 130 (eight per cent) have been disclosed publicly. Of the 30 ridings where municipalities are known to have received the federal funding, 27 are likely to go or stay Conservative in this fall's election.

2 Blue gets more green A Globe and Mail investigation this week revealed ridings that elected Conservative MPs in 2011 received an average of 48 per cent more than opposition-held ridings from the \$150-million Community Infrastructure Improvement Fund (a separate pile from the Canada Day money).

3 The more things change The feds have long been accused of disproportionate spending in government-held ridings, especially those represented by cabinet ministers. A famous example in the 1990s involved the RCMP after an audit revealed federal employment grants were overwhelmingly given in Liberal ridings, including that of then-prime minister Jean Chrétien.

Consider your lungs this barbecue season

THE SCIENCE

Stephanie Orford



Smoke is often a sign of celebration — fireworks, firing up the barbecue, getting out the marshmallows for a beach bonfire. All great in moderation.

We take smoke for granted; it's just what happens when you cook. Smoky flavours are even trendy.

But household smoke inhalation is a worldwide health issue, whether it's in a one-room house in the outskirts of Shanghai or a grill in a Calgary sunroom.

According to the World Health Organization, smoke inhalation from cooking causes an estimated 3.8 million deaths per year. More than measles, malaria and HIV/AIDS combined. All three of those have elicited worldwide health cam-

paigns. Smoke inhalation? Not so much.

Human lungs are delicate, complex structures. In their thinnest spots, the alveoli, the barrier between your blood and the outside air, can be just one cell thick. Maintaining its health is crucial. And lungs need to be elastic so they can stretch and contract as you breathe.

Inhaling smoke gums up that system. The medical community got serious about smoke's effects during the world wars, when poisonous gases — including phosphene, a component of common cooking smoke — were used as weapons.

Nitrogen dioxide and cyanide, among many other toxins, are also found in household smoke.

When they're inhaled, these noxious gases and particles kill and irritate cells in the inner surfaces of the lungs. When these cells are damaged, the lungs

In enclosed cooking spaces, smoke can be 100 times higher than acceptable levels.

lose capacity to produce the protective mucus that lubricates the lungs so they can stretch, trap particles and protect against infection.

Smoke inhalation also impairs the clearance action of cilia, a carpet of microscopic moving hairs on the inner surface of the lungs that would normally sweep the mucus out — and much of the harmful stuff with it.

But toxic smoke can kill lung-lining cells, causing them to slough off and partially block the airway, making breathing more difficult.

Your body's inflammatory reaction to smoke inhalation can cause major damage too. Less than a day

after smoke inhalation, a type of swelling called upper-airway edema can set in, constricting the airways and making them less elastic.

But household smoke's most widespread damage happens through lower levels of exposure over a longer time — months or years spent cooking indoors in a poorly ventilated space.

In enclosed cooking spaces that are poorly ventilated, smoke can be 100 times higher than acceptable levels for small particles, the WHO says. Worldwide, charcoal and wood are the most common culprits.

The need for clean, renewable energy sources isn't just about protecting the planet; it's a necessary safeguard for human health that we need to be more aware of.

Stephanie Orford is a Vancouver-based science writer.

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THE TRUTH IS ALWAYS SOMETHING THAT IS TOLD, NOT SOMETHING THAT IS KNOWN


SUSAN SONTAG

RYAN PORTER/LIFE@METRONEWS.CA


It's already a smash by any measure, but is Cheerleader Canada's Song of the Summer? The remixed reggae crowdpleaser by Jamaican artist OMI (pronounced Oh-Mi) has been certified double platinum in Canada and reigned at No. 1 on the Soundscan chart for three weeks in June. From the rooftop of Toronto's Thompson Hotel, where young and beautiful summer sun worshippers trail their toes in the infinity pool, OMI, pictured at left, chatted with Metro about why his breakthrough hit could soon be blaring from every beach-party Bluetooth speaker in the country.

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Ballet breakthrough

AMERICAN BALLET THEATRE

Misty Copeland achieves dream as principal dancer at ABT

Misty Copeland, the Missouri-born ballerina who's become a forceful voice for diversity in ballet and achieved a celebrity that far transcends that rarified world, was named principal dancer at American Ballet Theatre on Tuesday — the first African-American woman to reach that status in the company's 75-year history.

Copeland, 32, fought tears as she spoke about her promotion, which she said was a lifetime dream — but such a difficult one to attain that she never really thought it would happen.

"This is it," she said. "This has been my dream since I was 13, to be a principal dancer and reach these heights."

"But it hasn't been overnight," she added at a hastily arranged news conference — a rarity for a ballet promotion. "It's been 14 years of

extremely hard work ... I'm just so extremely honoured to be an African-American and to be in this position."

And, Copeland said, she hoped her ascension to the very top ranks of ballet would inspire other young dancers of colour — "all the little girls" — to stick with their own dreams.

"So many young dancers of colour stop dancing at an early age because they just don't think there will be a career path for them," she said. "I hope that will change." She spoke of her own doubts when she joined the ABT corps at age 19 and saw no one "who looked like me."

"I had moments of doubting myself and wanting to quit, because I didn't know

if there would be a future for an African-American woman at that level," she said. "At the same time, it made me so hungry to push through."

The company announced the promotion six days after Copeland made her New York debut as Odette/Odile in Swan Lake, one of the most important roles in a ballerina's repertoire. The emotional performance ended with Copeland being feted onstage by trailblazing black ballerinas of earlier generations, and with a sea of fans cheering and taking cellphone videos.

Copeland paid tribute on Tuesday.

"It's not me up here," she said. "It's everyone who came before me and got me to this position."

"So many young dancers of colour stop dancing at an early age ... I hope that will change"

Copeland has become increasingly famous over the past several years, achieving a pop culture status exceedingly rare for a ballet dancer.

"We haven't had a ballet dancer who has broken through to popular culture like this since Mikhail Baryshnikov," said Wendy Perron, an author and the former editor of Dance Magazine. "And she's going to bring more attention from that world to ballet."

THE ASSOCIATED PRESS



Misty Copeland
GETTY IMAGES

+ DRAWING A DIVERSE AUDIENCE, TOO

Many who attended Copeland's historic Swan Lake performance last week noted what a diverse audience Copeland had drawn to the Metropolitan Opera House, where ABT performs its spring season. The crowd was filled with young girls — black and white — in their party dresses.

"She single-handedly made that a diverse audience," said Wendy Perron, one-time editor of Dance Magazine.

INTERVIEW

Critics swoon over Miguel's Wildheart

With the R&B twinkler Kaleidoscope Dream, Miguel earned a gold plaque, a Grammy Award and seemingly unanimous critical regard.

The ambitious Adorn maestro accomplished something else, too: He reintroduced himself to audiences who might have dismissed him.

"I think I kind of had a chip on my shoulder. I had this sense that I had to prove my intentions since All I Want is You," said the 29-year-old Los Angeles singer, referring to his uneven, conventional debut.

"The great thing about my last album is that it did help change the perspective of people and how they looked at me and my artistry and the intention behind my music."

"This time, I feel less concerned with

trying to prove that."

That self-certainty spawned the atmospheric Wildheart, which since its release this week has inspired the sort of rhapsodic critical praise that's become routine for the spry songwriter.

Miguel wrote or co-wrote every track on the album and produced much of it.

"I had a pretty clear vision of what I wanted this album to be tonally, what I wanted it to look and feel and taste like," said Miguel, who has been playing the guitar more in studio.

He collaborated sparingly on this album and chalks that up to having a clear vision.

"I have a very specific set of tastes," said Miguel. "It makes the focus of who I like to collaborate with very finite and very specific."

THE CANADIAN PRESS



NOSTALGIA

Sad fate of legendary recording studios

SOUND CHECK

Alan Cross



Rush fans were sent into a tizzy a few weeks back with word that the band's once-favourite recording studio was up for sale for \$18,000. That's not a typo.

Rush made seven albums at Le Studio in Morin Heights, near the Laurentians in Quebec, earning it the nickname of Rush's Abbey Road. David Bowie, Bryan Adams, Keith Richards and the Bee Gees also made the trek to the studio by the lake. But after it was sold by André Perry, its owner/builder, and then sold again, the place fell into severe disrepair. All the gear is gone, the roof is falling in and the only clients these days are squirrels, mice and the odd skunk.

The current ownership has been trying to sell the property since 2009 with zero luck. After falling \$18K behind on taxes on the 233-acre property, the town threatened to sell the place at auction. But at the last second, the back taxes were paid and the auction was cancelled. The owners still hope to turn the facility into some kind of spa retreat.

This isn't the only legendary recording studio that's fallen

on hard times. After Beatles producer George Martin built AIR Studios in Monserrat in the Caribbean, it hosted Dire

Straits, Pink Floyd, The Police, The Rolling Stones and dozens of others. But after it was ruined by Hurricane Hugo in 1989 (and

after more than half of Monserrat was devastated by a volcanic eruption in 1995), it was abandoned and never rebuilt.

Twenty miles outside of Paris, Château d'Herouville — a former workplace of David Bowie, Elton John and Iggy Pop — is apparently still looking for a new owner after two years on the market. For \$1.7 million CAD, you get what can be generously described as a "handyman's special."

Olympic Studios in London, The Record Plant in New York and Sound City in Van Nuys are also defunct, despite being the birthplaces of some of the greatest albums of all time. Others (such as Mississauga's Metalworks) continue to operate by doubling as multimedia schools.

Why all the carnage? With record companies slashing budgets, few acts can afford facilities that rent for thousands of dollars a week. This makes it near impossible for owners to maintain the equipment, let alone upgrade it.

Meanwhile, technology has progressed to the point where you can make a decent-sounding album on a laptop in your bedroom.

Sadly, there will be more deaths like Le Studios' in music's future.



A recording mic that's been near the lips of John Lennon. Abbey Road Studios is one of remaining legendary recording studios that hasn't fallen on hard times. COURTESY ALAN CROSS

Kim Kardashian braves centre stage



CONTRIBUTED

GUEST APPEARANCE

Kim talks body image, selfies and family at acclaimed club

The big reveal from Kim Kardashian's guest turn for San Francisco's revered Commonwealth Club of California on Tuesday night? She was wearing maternity Spanx under her black designer dress to conceal cellulite, not her pregnant belly.

The reality TV star and fashion mogul was invited by the 112-year-old club that describes itself as the nation's oldest and largest public affairs program to talk about her famous family, the business of millennial culture and the objectification of women in media.

Before her visit, the Commonwealth Club's invitation to Kardashian provoked minor controversy.

Some members and listeners of the club's radio broadcasts said they felt she was not worthy of sharing the same spotlight as such notable past speakers as President Franklin D. Roosevelt and Martin Luther King Jr. The program's Facebook page has lit up in recent days with comments opposing and supporting her selection.

Kardashian did discuss the key topics, and others, during an hour-long appearance before an adoring audience that

was mostly young and female.

Judge LaDoris Cordell noted that Kardashian has 94 million social media followers.

"Maybe it's the bikini selfies," the photogenic guest said. "I think I definitely overshare, but I'm really engaged."

The judge also asked if it is realistic for young girls to be successful in a man's world.

Kardashian, who has make-up, hair care, perfume, and clothing lines to her credit along with a bestselling game app, was thoughtful.

"There is this generation of young people — girls — who are beautiful but don't have a

ON HER FAMILY

During her time on stage, Kardashian said the public had been "more supportive than we ever could have imagined" of Caitlyn Jenner and the rest of her family.

strong work ethic," she said. "People sometimes think that with looks things will be easy, but I just encourage people to put in the work."

The most meaningful exchange might have come when Cordell, who was the first African-American female judge appointed to the bench in Northern California, wondered how Kardashian and her husband, rapper Kanye West, planned to protect their biracial children from discrimination.

Kardashian shared making the difficult decision not to engage with a fellow airline passenger who screamed profanity and racial comments at her while she was travelling with her daughter.

West "is very vocal about racial issues," she said. "Our communication, I think, will be really helpful for our children."

THE ASSOCIATED PRESS

LEGAL DISPUTE

Katy hits a home nun

Katy Perry is caught in a property dispute between a group of elderly nuns and the Los Angeles Archdiocese over who owns a hilltop convent overlooking Hollywood.

The dispute centres on who is authorized to sell the convent. The Sisters of the Immaculate Heart of Mary say the building is theirs, and they've sold it to a local restaurateur, Dana

Hollister, who has already moved in.

In a June 19 lawsuit, the archdiocese claimed it is responsible for selling the property, and plans a \$14.5 million deal with another buyer. The defendants in the suit say that buyer is Perry.

Hollister's attorney, Randy Snyder, says the dispute has nothing to do with Perry, but rather is a battle between the diocese and the nuns.

THE ASSOCIATED PRESS



HOUSE OF CARDS

Neve's in the House

Neve Campbell is set to join the series House of Cards.

The Scream actress will star alongside existing cast members Kevin Spacey and Robin Wright for Season 4 of the show, Deadline reports.

The exact character to be taken on by Campbell in the White House pol-

itical drama, produced by Netflix, is not yet known.

The actress is also appearing in the second season of the NBC comedy Welcome To Sweden.

Filming for House of Cards is scheduled to start this summer, with Season 4 airing in 2016.

AFP



CUTTING TIES

Trump gets dumped

Rapper Flo Rida has pulled out of his guest appearance at the Miss USA pageant later this month and Macy's has dumped Donald Trump, part of the continued fallout over the GOP hopeful's remarks about Mexican immigrants during his presidential campaign announcement.

The pageant also lost both its co-hosts Tuesday, with Dancing with the Stars

Cheryl Burke and MSNBC anchor Thomas Roberts bowing out.

Earlier Wednesday, Macy's became the latest company to end its relationship with Trump. Companies have been cutting ties with Trump left and right after his presidential campaign kickoff speech last week in which he declared that some Mexican immigrants bring drugs and crime to the U.S. and are rapists. THE ASSOCIATED PRESS



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Micro lofts in Prime on the Plaza in Surrey, B.C. (above and left), will range from 300 to 437 sq. ft., with a starting price of \$139,000.

CONTRIBUTED

The big appeal of smaller size

DEVELOPMENTS

Buyers are snapping up micro condos countrywide



CONDO TRENDS

Duncan McAllister

Micro condos are coming to Canada, providing affordability for first-time buyers. Popular with students, downsizers and investors, this new housing form appeals to the consummate downtowner.

Smaller suites are the norm in places like London, Tokyo and New York, and in Canadian cities, they've proved enormously popular with surprisingly swift sales.

Ranging in size from 250 to 400 sq. ft., they're a perfect size for a pied à terre, and for buyers who want to stake their claim on a piece of the



Vibe houses small condos but the building will include eateries and retail space at street level in Edmonton. CONTRIBUTED

downtown condo market and who are willing to trade private space for public space.

"The main amenity is the city itself," says developer Jon Stovell, president of Reliance Properties. "It's a 300-square-foot condominium with a three-million-square-foot living room."

The company has been actively building its popular micro lofts in Vancouver, Victoria and Surrey, B.C.

In Vancouver, home owner-

ship of even a regular studio or one-bedroom is an impossibility for a lot of people, says Stovell. The micro lofts have proven popular with younger purchasers.

"Millennials totally get this equation," says Stovell. "They're much less status conscious."

Urban Capital got the ball rolling a few years ago, with its Smart House projects. The micro condo trend has definitely been growing and ex-



The main amenity is the city itself

Developer Jon Stovell

panding internationally, says partner David Wex.

"We pressed the reset button on condo design. What we're offering at Smart House Ottawa is a way to live affordably and sustainably right in the city's heart."

With micro condos, Wex says the focus is on smart design and space-saving ideas. Everything from storage to appliances is cleverly thought out with an economy of space in mind.

In Edmonton, Vibe condos by the Carrington Group is the city's first foray into smaller suites. "The micro condos are not really here yet," explains project sales manager Riley Lagaden, who initially wasn't sure how they

+ NEAT TRICKS

Kyla Rozman's tips on organizing a small condo

Think up

- Maximize the tops of your closets by adding shelves and bins with locking lids.
- Taller furniture allows for more storage, such as tall bookcases. Use all the space at the top of your walls.

Think down

- Your side tables and coffee table should come with storage spaces (such as a shelf or drawers).
- Multipurpose the bed with a hideaway unit or

with storage bins underneath.

- Put narrow cabinets behind the bathroom door — it's a great spot for all the little containers.

Think out

- Let go of some belongings. If it doesn't really serve you and it's not something you love, it should go.

- Start with the question, how many do I really need? If it's something you only use once a year, consider borrowing it from a friend (think camping gear).

DUNCAN McALLISTER

would fly. After launching, he was pleasantly surprised with the response. "Edmonton has been waiting for this."

Need help organizing your small condo? Kyla Rozman is co-owner of Vancouver-based In Order To Succeed Professional Organizing. The com-

pany specializes in helping people make efficient use of every square inch of space.

"When in a small space you need to think up, think down or think out," says Rozman, who sees micro condos as a growing trend as more and more retirees are downsizing.



NHL Burmistrov returning to the Jets

The Winnipeg Jets started free agency by locking up two of their own players and bringing back another.

Winnipeg agreed to terms on a two-year contract with forward Alexander Burmistrov and one-year deals with defenceman Adam Parady and forward Matt Halischuk. Versatile winger Michael Frolik left to sign a US\$21.5-million, five-year contract with the Calgary Flames.



I made it pretty clear that I wanted to be back because I believe this team can win.

Adam Parady

The 23-year-old Burmistrov has spent the past two seasons in the Kontinental Hockey League with Ak-Bars Kazan. He spent his first three professional seasons with the Atlanta/Winnipeg franchise, scoring 23 goals and adding 35 assists in 194 NHL games.

Parady, who fought through a shoulder injury in the playoffs, will make \$1 million next season, while Halischuk got a two-way deal that pays him \$750,000 in the NHL.

Winnipeg re-signed winger Drew Stafford to a \$8.7-million, two-year contract Tuesday night. THE CANADIAN PRESS

Bombers get Leggett back in time for home opener

CFL Winnipeg hosts Ticats after beating Riders last week

Maurice Leggett is known for being a good communicator.

The big smile he sported after Wednesday's Winnipeg Blue Bombers practice clearly showed he's happy to be back in the lineup for Thursday's home opener against the Hamilton Tiger-Cats.

The team's defensive player of the year last season missed last week's season-opening 30-26 win over Saskatchewan and Winnipeg's exhibition loss against Hamilton because of an undisclosed injury.

"I'm excited, I know that," Leggett said with a chuckle. "It's been a long time coming, just sitting here watching my teammates go through battle without me. I just wanted to be back helping the defence excel."

His teammates are equally glad he's back.

"He's making a huge difference just by being vocal and he's flying around to the ball," linebacker Chris Randle said.

And communication is something the Bombers defence can improve upon, he added.

"I think we've been getting



Blue Bombers defensive back Maurice Leggett intercepts a pass against Tiger-Cats receiver Luke Tasker last year in Hamilton. TOM SZCZERBOWSKI/GETTY IMAGES

better each game, but with him coming back it'll just add another level to our intensity and us paying attention to

it and communicating well," Randle said.

Winnipeg lost its exhibition game at home 26-15 to the Ti-

cats, with quarterback Zach Collaros guiding Hamilton's offence to a 20-7 lead before head coach Kent Austin pulled

88%

QB Drew Willy's 88 per cent completion rate (22 of 25) last week set a new Bombers single-game record.

him with about six minutes left in the first half.

But Collaros and the offence didn't have the most productive outing in a 24-23 loss to Calgary last week. The Ticats had a pair of touchdowns from a punt return and interception, while Stampeders kicker Rene Paredes booted a 50-yard field goal as time expired for the win.

"Call it motivation, call it whatever you want to call it, but you want to score touchdowns every week," said Collaros, who was 27 of 38 for 281 yards against the Stamps.

Saskatchewan rushed for 212 yards against Winnipeg, but Hamilton is expected to key on its passing game rather than rookie running back Ray Holley.

That might be good news, but Leggett said Collaros can be lethal.

"He'll lull you to sleep with the quick plays and then actually make the big plays by extending them," Leggett said.

THE CANADIAN PRESS

NHL Leafs unload Kessel in trade with Pens

The Toronto Maple Leafs completed a blockbuster trade to send star right-winger Phil Kessel to the Pittsburgh Penguins.

Toronto gets winger Nick Spaling, prospects Kasperii Kapanen and Scott Harrington, a third-round pick and a conditional first in the move.

The Leafs also sent forward Tyler Biggs and defenceman Tim Erixon to Pittsburgh along with a conditional pick. THE CANADIAN PRESS



Phil Kessel was a minus-34 in 2014-15. GETTY IMAGES FILE

GOLDEYES Explorers fry Fish

Thousands came out to watch their hometown Goldeyes while celebrating Canada Day in Winnipeg, and it was a perfect day for baseball on a holiday Wednesday.

The crowd of 6,356, however, left disappointed as the visiting Sioux City Explorers absolutely dismantled the Goldeyes 14-0.

Bronx cheers rang out as the Goldeyes finally found the third out to end a seven-run Explorers seventh, doubling the damage already done to make it 14-zip.

Sioux City ace Ryan Zimmer-

man, however, rolled all afternoon and into the evening. The 27-year-old starter improved to 6-1 on the season, allowing four hits over seven scoreless innings.

The loss — their fourth in a row and seventh in their last 10 — drops Winnipeg's record to 15-22 on the season and 14 games back of the league-leading St. Paul Saints for first in the North Division. Sioux City, now 28-11, continues to hunt down the Saints (29-8) for top spot in the American Association. DARRIN BAUMING/FOR METRO



WOMEN'S WORLD CUP OWN GOAL OUSTS ENGLAND

England's Jill Scott, right, and Azusa Iwashimizu of Japan vie for the ball during their Women's World Cup semifinal match in Edmonton on Wednesday. Laura Bassett's own goal in the 92nd minute proved to be the heartbreaker as Japan punched its ticket through to the final with a dramatic 2-1 win. Japan faces the U.S. in Vancouver, Sunday. TODD KOROL/GETTY IMAGES

RECIPE Chicken, Mango and Rice Noodle Stir-fry



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Serves four.

Ready in

Prep time: 15 minutes
Cook time: 15 minutes

Ingredients

- 8 oz boneless chicken breast
- 2 tsp vegetable oil
- 1 cup sliced onion
- 1 Tbsp minced ginger
- 1 Tbsp hot red chili curry paste
- 2 tsp chopped garlic
- 1 cup sliced red bell pepper
- 3 Tbsp sweet chili sauce (Heinz or Asian flavoured)
- 2 Tbsp low sodium soy sauce
- 1 Tbsp lemon juice
- 2 tsp sesame oil
- 4 oz rice noodles (medium width)
- 1 cup thinly sliced mango
- 3 Tbsp chopped basil or cilantro

Directions

1. In a grill or sauté pan sprayed with vegetable oil, cook chicken just until temperature reaches 165 F or cooked through, about eight minutes. Let cool slightly, then slice into medallions.
2. Meanwhile, in a large skillet, add vegetable oil, onion, ginger, curry paste and garlic. Stir fry just until onions soften, then add bell peppers and sauté for two minutes.
3. For sauce, mix chili sauce, soy sauce, lemon juice and sesame oil.
4. Cook rice noodles while vegetables are cooking, just until tender. Drain noodles and place on serving platter. Add cooked vegetables and sauce, mix well. Garnish with chicken, mango, basil.

Nutrition per serving

- Calories 242
- Sodium 597 mg

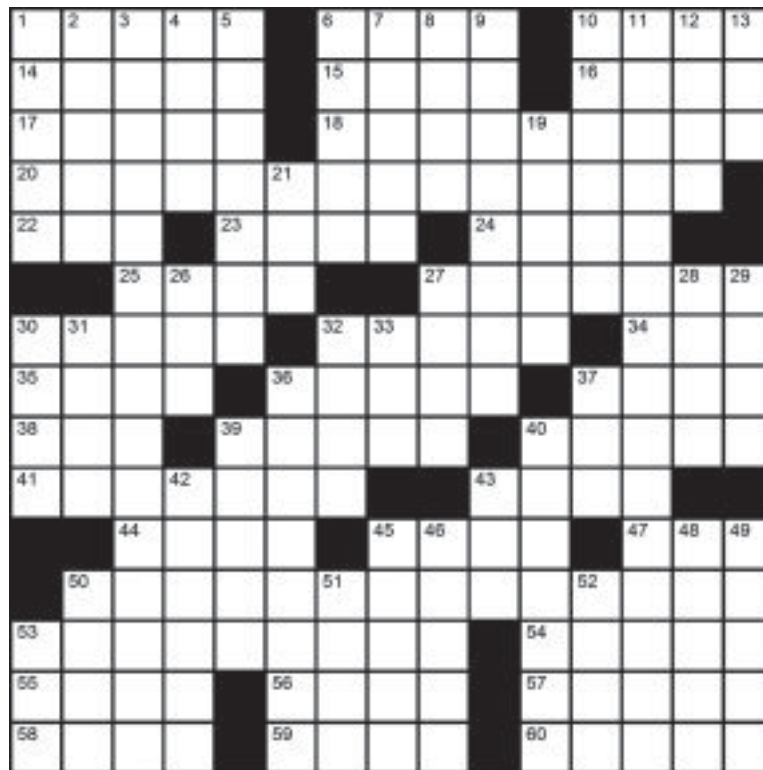
PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. County fair attractions
6. Plucked orchestra instrument
10. Song in '65's "The Sound of Music": "Climb __ Mountain"
14. "___ economy is always beauty." - Henry James
15. Nobelist Mr. Wiesel
16. "Well, well, wells."
17. Love conquers all = __ vincit amor
18. Moveable pieces sofa
20. French explorer sharing the name of a Montreal bridge: 2 wds.
22. "Gimme __ '1" (Edmonton cheer-starter)
23. Modernists
24. Brewer's kiln
25. Foe in Fido's fur
27. __-__ record, as in sports
30. Latte's bubbles
32. Where Joni Mitchell felt like a "free man"
34. "___ Wieder-sehen!"
35. River islets
36. Seasoned yogurt dip of India
37. "Meet Me ___. Louis" (1944)
38. Homer's exclamation!
39. Like, in Laval
40. Some students, shortly
41. 1970s singer Cat



43. It's not salmon, it's this
44. "The __" (Reality show Anderson Cooper hosted)
45. Scottish family
47. Roadside mil. hazard
50. Casey and Finnegan puppeteer

- who is a Member of the Order of Canada: 2 wds.
53. __ Berries (Canadian fruits)
54. Alongside: 2 wds.
55. "What ___ mind reader?"
56. "Anything __?"

57. Film part
58. Canadian convenience store chain
59. Notices
60. "The Jet-sons" son

DOWN

1. Wine of Spain
2. Jude Law's

- "Cold Mountain" (2003) role
3. Sly & The Family Stone hit: 4 wds.
4. Mr. La Salle of "ER"
5. Steadfast
6. "___ Fine" by The Chiffons
7. Sir Guinness'

8. Costa's companion
9. 'Canada's Victorian Oil Town' in Ontario
10. Someone self-centred
11. Titian (b.circa1490 - d.1576), for one: 2 wds.
12. Bring up
13. Opium perfume monogram
19. Tilted lettering [abbr.]
21. "Yikes!"
26. "___ magic!"
27. Mr. Johnson
28. Overcooked meal
29. Tiny amphibians
30. Trends
31. Carouse
32. Ms. Dawber's
33. Aspiration
36. "Be My Baby" by The __
37. 'Opt' suffix
39. Salsa singer
- Ms. Cruz
40. Canadian brand of tofu
42. Smirnoff drinks
43. Spotted, to Tweety Bird
45. Shut
46. City paths
48. It's short for 'low budget'
49. Cartoon duck
50. "She's a Bad Mama __" by Carl Carlton
51. Courtney Love band
52. Envelope insertion [abbr.]
53. Director Mr. Mendes

★ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
You will be forced to choose between two tempting possibilities today. If it's a choice between moving up in the world and making a positive difference, make a difference.

Taurus April 21 - May 21
Do you stick with what you know or try something new? The planets suggest you will have more fun if you take a chance.

Gemini May 22 - June 21
Try not to make any rash decisions about money matters today because the full moon warns you are likely to regret it. No matter how confident and enthusiastic you may be, you won't be thinking clearly enough to make a rational decision.

Cancer June 22 - July 23
It may feel as if you are being held back from fulfilling your potential but don't worry. While the moon is full you should take your time and wait to see how things develop.

Leo July 24 - Aug. 23
Today's full moon warns in no uncertain terms that you must take care of your health. If you take on too much over the next few days you are sure to regret it. Be kind to yourself.

Virgo Aug. 24 - Sept. 23
You may be more emotional than usual today but there is no need to worry. Sometimes things build up to such an extent that they must be let out and the full moon makes this one such occasion.

Libra Sept. 24 - Oct. 23
There may be chaos in every direction today but if you stay calm there is not much it can do to harm you personally. Loved ones will be rather touchy though, so you might like to stay out of their way.

Scorpio Oct. 24 - Nov. 22
You would benefit from getting out more. Short trips are lucky for you now, although they won't be without their ups and downs. The important thing is that you are visible. Remind the world you still exist.

Sagittarius Nov. 23 - Dec. 21
Today you will be critical both of yourself and others. Don't worry about it — you're allowed to be less than superhuman once in a while.

Capricorn Dec. 22 - Jan. 20
No matter how self-controlled you are today's full moon in your sign will heighten your emotions. If you do lose your temper don't be too hard on yourself.

Aquarius Jan. 21 - Feb. 19
No matter how busy you are, you must return a favour of some kind today. Someone was good enough to help you out, now you must do what you can for them.

Pisces Feb. 20 - March 20
The full moon warns this is not the right time to make waves. You may have strong opinions about what's going on around you but there is no point making enemies.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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